

AGN. NO. \_\_\_\_\_

MOTION BY SUPERVISOR KATHRYN BARGER

MARCH 17, 2020

**WELLNESS MONTH AND COUNTYWIDE FITNESS CHALLENGE**

The Los Angeles County's (County) Countywide Fitness Challenge launched in 2010 as an effort to expand health awareness, promote healthy eating habits, reduce incidence of illness due to poor lifestyle choices, increase productivity, and reduce health care costs. In 2019, nearly 9,000 County employees in twenty-nine departments and their family members participated in eight weekend events and one weekday fitness event held throughout the County.

The County's health plans assist and support our annual Countywide Fitness Challenge: Anthem Blue Cross, Cigna, Kaiser Permanente, and UnitedHealthcare. In 2019, almost 12,000 employees and their family members completed various health screenings, such as glucose, blood pressure, and cholesterol at the Countywide Fitness Challenge events and Wellness Fairs; 1,950 employees dropped almost 4 tons of weight while competing in the annual Inter-agency Greatest Loser contest between employees of the County, the County of San Bernardino, and Metropolitan Transportation Authority employees.

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**MOTION**

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**March 17, 2020**

**Wellness Month and Countywide Fitness Challenge**

To continue the momentum in achieving a lasting cultural change to one of wellness for County employees, the Department of Human Resources (DHR) is launching its 11<sup>th</sup> Annual Countywide Fitness Challenge. The 2020 Countywide Fitness Challenge events will take place monthly between April and November 2020. The events include biometric screenings, 5K runs, Healthy Chef and nutritional counseling, nature and wilderness hikes, pedal boat rallies, kayaking, paddle boarding, farmers' market, mindfulness sessions, fitness walks, a softball tournament, and flu vaccination clinics.

DHR will continue to collaborate with many partners, including the Departments of Parks and Recreation, Beaches and Harbors, Public Health, and Animal Care and Control; County-sponsored health plans; the American Cancer Society; the American Heart Association; the Coalition of County Unions; and SEIU Local 721.

**I, THEREFORE MOVE THAT, the Board of Supervisors:**

1. Proclaim April 2020 as "Employee Health and Fitness Month" in the County of Los Angeles and launch the "2020 Countywide Fitness Challenge" campaign for all employees and their families, and encourage Department Heads and Wellness Managers to support and market the campaign to their employees and strive for one hundred percent participation;
2. Encourage all County employees to support and attend the first weekend activity kick-off on Saturday, April 4, 2020, at Whittier Narrows Recreation Area located at 750 South Santa Anita Avenue, South El Monte, from 8:00 a.m. to 12:00 p.m.; and Tuesday, April 7, 2020, kick-off event at Grand Park, located at 200 North Grand Avenue, Los Angeles, from 11:00 a.m. to 2:00 p.m.;

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**Wellness Month and Countywide Fitness Challenge**

3. Waive the following, excluding the cost of liability insurance:
  - a. The \$250 facilities fee and \$4,800 in parking fees for 800 cars at Whittier Narrows Recreation Area on April 4, 2020;
  - b. The \$4,000 in parking fees for 200 cars in the Music Center Garage (Parking Lot 14) for the participants of the Grand Park kick-off event held on April 7, 2020;
  - c. The \$506 facilities fee and \$2,700 in parking fees for 450 cars at Kenneth Hahn State Recreational Area on Saturday, May 16, 2020;
  - d. The \$1,000 facilities fee and \$8,800 in parking fees for 800 cars at Castaic Lake State Recreation Area on Saturday, June 20, 2020;
  - e. The \$340 facilities fee, \$123.70 parking contractor fee, and \$8,450 in parking fees for 650 cars at Dockweiler Youth Center on August 22, 2020;
  - f. The \$386 facilities fee at Alondra Community Regional Park on Saturday, October 17, 2020; and,
  - g. The \$1,715 facilities fee and parking fees in the amount of \$8,000 for 800 cars at Santa Fe Dam Recreation Area on November 14, 2020.

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SUP:KB:rvj